

August 24, 2005

CHFS FOCUS on Wellness

5 A Day Challenge wraps up today

The CHFS 5 A Day Challenge will wrap up today with a special celebration from 11:15 a.m.-1:30 p.m. at the CHR Building. Secretary Holsinger and Delanor Manson, executive director for quality health, will kick off the event in the lobby. The celebration will feature a cook-out, nutrition information and games, including a bean bag toss and 5 A Day Jeopardy! Tickets for the cook-out are \$6 and may be purchased from any of the cafeteria cashiers.



Keep 5 A Day going after the challenge ends

Review the things you have learned and where you currently stand in your daily consumption of fruits and vegetables. Consider:

- What are my favorite fruits and vegetables?
- Do I or the main cooks in my life know how to prepare vegetables and fruits or do I need additional ideas?
- Do I know how to shop for fruits and vegetables?
- Do I have space to store fresh, canned and frozen fruits and vegetables?
- Of the different ways I enjoyed fruits and vegetables during the challenge, what serving ideas did I like best?
 - in soup or stews?
 - with noodles, rice and pasta or on pizza?
 - as a side dish?
 - raw as an appetizer or snack?
- What do I like to eat for snacks?
- Which preparation methods made me more likely to eat fruits and vegetables? and
- Can I find time to regularly prepare my favorites the way I like to eat them best?

Keep a reminder from the 5 A Day Challenge in plain sight at home and at work to help you remain aware of the value of eating at least five servings of fruits and vegetables every day. Over time, eating 5 A Day will become a habit and you will no longer need a reminder.

Set a personal goal for yourself to continuing eating 5 A Day. If you did well meeting the goals of the challenge, try to continue or increase your daily servings (nine a day is the optimum recommendation). If you had trouble meeting challenge goals, establish a plan to gradually increase your daily intake. Set small, attainable goals for yourself and

build up your intake over time. In the long run, you are more likely to stick to healthy habits when you work toward healthy goals over a period of time.

The 5 A Day Challenge is designed to help guide participants to make healthy, long-term lifestyle changes. Making good nutrition part of your everyday routine can improve health in general and decrease the risk of illness.

There are likely to be some upcoming changes to the current 5 A Day campaign as the Centers for Disease Control continue to incorporate the latest nutritional findings and make overall program modifications to broaden the campaign's appeal.

Visit the 5 A Day Web site (www.5ADAY.com) for additional tips, recipes and information to keep you motivated and on track with your daily fruit and vegetable consumption.

Remember: Eat your colors every day!

5 A Day Recipe Contest Results

The recipe contest judging took place in the cafeteria Aug. 10. Contest judges were: Stan Hankins, Jim Terry, Lori Zemla, Gayle Yocum, Kathy Casper, Anna Dunn, Ed Cecil, Vicki Smith, Lisa Bannister, Sandra Brock, Jill Pfankuch, Emma Walters, Willa Thomas and Linda Grace Piker. Recipes chosen as contest finalists were prepared by cafeteria chef Mike Vaughn.



First place winners received a blue ribbon and a prize packet consisting of a 5 A Day apron, cookbooks and 5 A Day measuring cup. Second place winners received red ribbons and each received a cookbook.

The winning recipes were:

Appetizer - Spinach Pinwheels submitted by Linda Tate

Soup/salad/side dish - Gazpacho Soup submitted by David Jones

Main Course - Eggplant Manicotti submitted by Leslie Aitken

Dessert - Summertime Trifle submitted by Glenna Pridemore

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CHFS 5 A Day Challenge Winning Recipes

Spinach Pinwheels

5 flat 9" whole grain flour tortilla shells
½ lb. bag frozen chopped spinach
1 T finely chopped garlic
¼ cup finely chopped pimentos, drained
4 oz. light cream cheese - softened
1 packet artificial sweetener

Instructions:

Blend all ingredients into the cream cheese, mixing thoroughly. Refrigerate overnight. Spread mixture evenly on single tortilla and roll up tightly (jelly roll style). Slice tortilla roll into 1" rounds. Serve cut side up to show the colorful filling. Makes about 40 hors d'oeuvres.
Nutrition information: Serving size = 4 pinwheels, calories 104, fat 3.6g, protein 4 g, carbohydrates 13g, fiber 1.6g, vitamin C 11mg, iron 1.4mg, sodium 137 mg.

Gazpacho soup

3 large tomatoes, peeled and chopped
1 green bell pepper, chopped
1 cucumber, peeled and chopped
1 cup chopped celery
½ cup chopped green onion
4 cups tomato juice
2 avocados, chopped
5 T red wine vinegar
4 T olive oil
2 tsp. salt
½ tsp. black pepper
2 small cloves garlic, crushed

Garnish

sour cream and croutons

Instructions:

Be sure all vegetables are very finely chopped. Combine all ingredients in a large non-metallic bowl and chill overnight. Garnish before serving.

Nutrition information: Serving size is 1/6th of the recipe. 234 calories, 18g fat, 4 g protein, 19g carbohydrates, 7.5 g fiber, vitamin C 77mg, 1.6 mg iron, 460 mg sodium.

Eggplant Manicotti

Sauce

3 T olive oil
1 Large onion, chopped

1 cup chicken stock
1 cup chopped fresh basil

¼ cup red cooking wine
1 28 oz. can crushed tomatoes with liquid

Heat oil in large saucepan over medium heat. Add vegetables and sauté for eight minutes. Add wine and cook for three minutes. Add tomatoes, stock and basil and bring to a boil. Reduce heat, cover. Let simmer for 30 minutes. Season with salt and pepper.

Filling:

1lb fat-free ricotta
1 cup grated asiago cheese
1/8 tsp. cayenne pepper
¾ cup fresh baby spinach chopped
½ tsp. nutmeg

Combine above ingredients

2 medium eggplant cut lengthwise
Pam® olive oil cooking spray

Spray eggplant and put on cookie sheets and bake 350 degrees for 14 minutes or until tender. Cool.

Take one slice of eggplant and fill with 2 T of ricotta mixture and roll.

Put ½ of sauce in bottom of 13x9 baking pan.

Arrange eggplant on single layer on top. Pour remaining sauce on top of eggplant. Bake at 350 degrees for 20 minutes.

Nutrition information: serving size 1/6th of recipe. 357 calories, 18g fat, 17g protein, 33g carbohydrates, 4g fiber, Vitamin C 22mg, iron 3 mg, 634mg sodium.

Summertime Trifle

1 fresh pineapple sliced and chopped
1 package fresh blueberries
4 kiwi peeled and sliced
1 large package fresh strawberries
4 bananas sliced
1 large angel food cake torn into pieces
16 oz. lite Cool Whip®
1 large package low-fat instant vanilla pudding (5.1 servings size)
Large glass trifle bowl

Instructions:

Prepare pudding according to directions on box. Once set, fold in half the container (8 oz.) of whipped topping and reserve the rest. Tear angel food cake into pieces. In large

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bowl, layer pineapple chunks, angel food cake, two spoonfuls of pudding and blueberries. Add more angel food cake and pudding and top off with a layer of strawberries and remaining whipped topping. (Go sparingly on the angel food cake and pudding between layers to make sure you have enough for each layer.)

Nutrition information: Serving size 1/12 of recipe. 288 calories, 5g fat, 3g protein, 57g carbohydrates, 4g fiber, 74mg Vitamin C, .8mg Iron, 366mg sodium.

Women's Retreat draws rave reviews

By Missy Adkisson, Division of Women's Physical and Mental Health

Photo at right: DPH employees, Cris Sparks and Sarah Wilding, catch up with the pack on the wildlife trail.



Sometimes women just need a day or two to recharge their batteries, and who better to provide that charge than the Division of Women's Physical and Mental Health (DWPMH) in the Department of Human Support Services?

With the guiding support of department commissioner Marla Montell, the Division assembled a team of engaging speakers, developed a healthy menu and provided a serene atmosphere and a diverse agenda, targeting women's overall health and well-being. Held on Friday, Aug. 12, at the Salato Wildlife Education Center in Frankfort, the retreat hosted 30 participants, consisting primarily of CHFS employees.

The notion of a "women's retreat" was conceived by Joyce Jennings, director of DWPMH. "When I took this job, I felt very strongly about reaching out to women and offering a day devoted just to them, focusing on a holistic approach to women's health," Jennings said.

Work sessions were geared toward the needs and concerns of women in high-stress professions, including social workers, child and family services case managers, public health staff providing direct client services and others. Jennings said sessions on fitness, developing social and professional self-confidence and the power of positive thinking were among the topics discussed at the retreat

designed to remind women in these demanding fields to take care of themselves first, so they can better care for others.

All the retreat topics and their respective messages complemented one another and really hit home for the participants. One participant said she appreciated the retreat for the information provided and simply because it gave her a day to focus on taking better care of herself.

The DWPMH hopes to continue touching women's lives with more one-day and overnight retreats. If you are interested in receiving information on future retreats, contact the office by e-mailing Rebecca.aufdherhar@ky.gov. Your name will be added to a mailing list.

August is World Breastfeeding Month – WIC offers breastfeeding room

By Becky Derifield

The staff of the Women, Infants and Children Program in the Department of Public Health is pleased to announce the opening of a breastfeeding room for Cabinet for Health and Family Services employees and guests.



The breastfeeding room is available to any mom who works in or visits the complex and is located on the second floor, center wing of the Health Services Building.

The breastfeeding room is furnished with two glider walkers, nursing stools, end tables and a sink for hand washing and cleaning breast pump equipment. Funding for the breastfeeding room was provided by the WIC Program.

Special thanks goes to Dr. Steve Davis and Sarah Wilding for their support and help in establishing this special space.